

2 Apples, Cooked 40

Number of Servings: 40 (110.11 g per serving)

Amount	Measure	Ingredient
4 1/2	qt	Apples, slices, swtnd, drained, cnd, unheated
1 3/4	cup	Water, municipal
1 1/8	cup	Sugar, brown, packed
5 3/4	tsp	Spice, cinnamon, ground
1 1/4	tsp	Spice, nutmeg, ground
3/4	cup	Topping, whipped, lite, Cool Whip

Nutrients per serving

Nutrition Facts			
Serving Size (110g)			
Servings Per Container			
Amount Per Serving			
Calories 90		Calories from Fat 5	
		% Daily Value*	
Total Fat	0.5g	1%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	5mg	0%	
Total Carbohydrate	22g	7%	
Dietary Fiber	2g	8%	
Sugars	20g		
Protein	0g		
Vitamin A	0%	• Vitamin C 0%	
Calcium	2%	• Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

** Remember each gallon of apples is 16 cups NOT a #10 can

Open cans of apples (packed in water or light syrup) and pour into counter pans or stock pot.

Add water ONLY if more liquid is needed.

Add remaining ingredients. Cover and bake at 350 degrees F until apples are tender and well seasoned, at least 1 hour.

Serve hot, warm or chilled. May serve with 1 teaspoon light Cool Whip/serving (optional).

Serve 1/2 cup portion with #8 scoop or 4 oz ladle = 1 fruit serving

1/2 cup = 24 grams carbohydrate = 1 1/2 Carb Servings